

☆
Eat Healthy
☆ Play Healthy
Have
Fun!



☆
Weigh
to
Play
☆

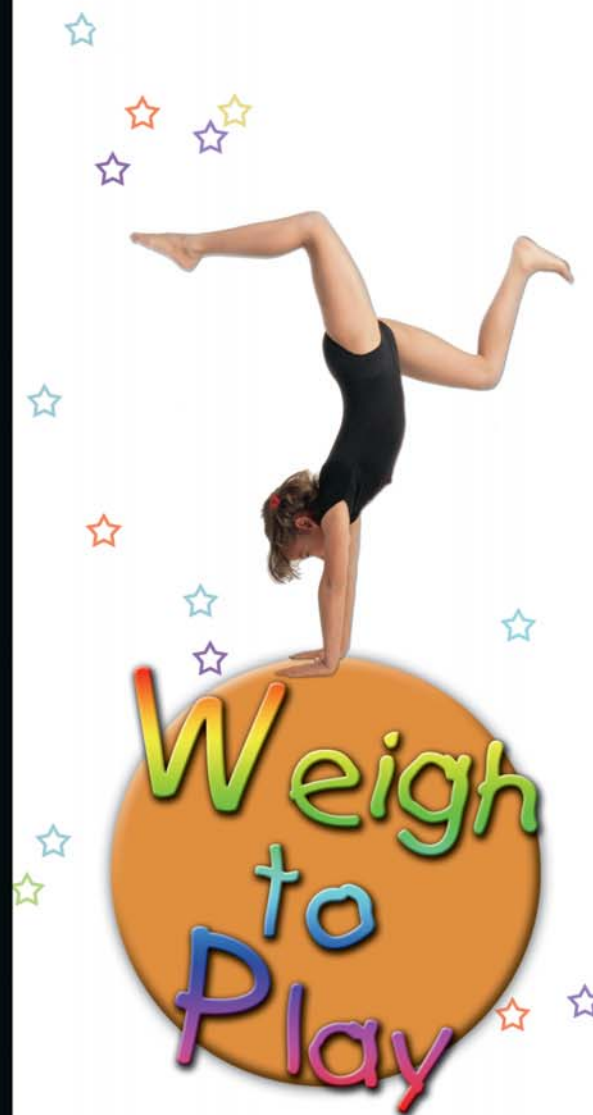
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Dec 2005

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www.hood-amedd.army.mil

Weigh to Play OUR MISSION

To assist children and their families, utilizing a multi-disciplinary team of experts, to aid in nutrition, physical therapy, community and behavioral health. Thus, gaining a greater knowledge of healthy eating and improving physical activity

WHY?

Excessive weight in children and adolescents is becoming an increasingly large epidemic. In the United States, 15% of children ages 6-19 years are overweight. This average is three times the national average of twenty years ago.

Overweight children become adults with weight problems that contribute to a wide variety of disorders such as diabetes, high cholesterol, high blood pressure, insulin resistance and liver disease.

Being overweight also has social and psychological consequences for children in the terms of social discrimination, poor self-esteem, and depression.



HOW?

Children are selected because of a BMI that places them in the 80%th percentile for weight. Referrals, recommendations and voluntary enrollment.

WHO?

◆Bennett Health Clinic Staff
Including: RNs, LVNs, and CNAs



- ◆Multi-disciplinary Team: Nutrition, Physical Therapy, Community Health, and Behavioral Health.
- ◆Parents and Children

WHAT?

- ◆Monthly Newsletter
- ◆RN visit every Three Months
- ◆"Play Date" every Two to Three Months
- ◆Fun Games
- ◆Fun Recipes

WHEN?

Enrollment is on a continuous referred basis.

WHERE?

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